



# My Food Groups

## Dairy

Milk, Yogurt, Cheese



Milk



Yogurt



Cheese



Chocolate milk



String cheese



Smoothie



Cottage cheese

## Vegetables



Broccoli



Asparagus



Bell peppers



Corn



Avocado



Carrots



Spinach



Tomatoes



Sweet potatoes

## Fruits



Strawberries



Apple



Banana



Blueberries



Orange juice



Watermelon



Grapes



Mango



Pear

## Grains

Breads, Cereals, Pasta



Cereal



Tortillas



Rice



Bread



Pasta



Popcorn



Crackers



Bagel



Oatmeal

## Protein

Meat, Beans, Nuts



Tuna



Eggs



Hamburger



Nuts



Chicken



Tofu



Beans



Salmon



Pork chops

## "extras"



Bacon



Salad dressing



Chips



Candy



Ketchup



Cookies



Soft drink